

DESCRIPTION OF USE

VELOCITY SPORTS PERFORMANCE IS A FACILITY SPECIALIZING IN INDIVIDUAL ATHLETIC TRAINING. CLIENTS, RANGING FROM STUDENT ATHLETES TO ELITE PRO ATHLETES TO RECREATIONAL ADULT ATHLETES TO POLICEMEN AND FIRE FIGHTERS SCHEDULE APPOINTMENTS TO ACCOMPLISH AN INDIVIDUALLY TAILORED PROGRAMS DESIGNED TO HELP THEM REACH THEIR MAXIMUM ATHLETIC POTENTIAL - OVERCOMING PHYSICAL LIMITATIONS, REHABBING FROM INJURY, OR JUST IMPROVING THEIR GAME OR JOB PERFORMANCE.

90 MINUTE TRAINING SESSIONS ARE EITHER ONE ON ONE OR IN SMALL GROUPS OF 4 TO 6 ATHLETES. ALL SESSIONS ARE BY APPOINTMENT. CLIENTS ARE NOT MEMBERS OF A "HEALTH CLUB" WHO CAN USE THE FACILITES AT WILL, THEY ARE ONLY ON PREMISES FOR THEIR SCHEDULED SESSION.

